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1-13. (Cancelled.)

14. (Currently Amended) A mat comprising:

a substantially cylindrical cavity having at least one side wall and a base wall formed within a surface of a material; and

a suction cup with a contacting edge formed by the material ~~[[and]],~~ the suction cup being coupled to the base wall of the substantially cylindrical cavity and enclosed by the substantially cylindrical cavity, the contacting edge projecting below the surface of the material in a non-contacting state.

15. (Currently Amended) The mat of Claim 14, wherein the substantially cylindrical cavity has a depth and the material has a thickness, the depth of the substantially cylindrical cavity being substantially less than the thickness of the material.

16. (Currently Amended) The mat of Claim 14, wherein the substantially cylindrical cavity has a depth and the suction cup has a thickness, the depth of the substantially cylindrical cavity being one of greater than and substantially equal to the thickness of the suction cup when the suction cup is in a compressed state.

17. (Currently Amended) The mat of Claim 14, wherein the ~~at least one layer of material~~ is formed of a rubber.

18. (Currently Amended) The mat of Claim 14, wherein the ~~at least one layer of material~~ is formed of a plastic.

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19. (Currently Amended) A mat comprising:
a substantially cylindrical hollow region having at least a base portion and a lateral portion formed within a surface of a material; and
a suction cup with an edge for contacting surfaces formed by the material and coupled to the base portion of the substantially cylindrical hollow region and enclosed by the substantially cylindrical hollow region, the edge for contacting surfaces projecting below the surface of the material in absence of any surfaces.
20. (Currently Amended) The mat of Claim 19, wherein the substantially cylindrical hollow region has a depth and the material has a thickness, the depth of the substantially cylindrical hollow region being substantially less than the thickness of the material.
21. (Currently Amended) The mat of Claim 19, wherein the substantially cylindrical hollow region has a depth and the suction cup has a thickness, the depth of the substantially cylindrical hollow region being one of greater than and substantially equal to the thickness of the suction cup when the suction cup is in a compressed state.
22. (Currently Amended) The mat of Claim 19, wherein the ~~at least one layer~~ of material is formed of a rubber.
23. (Currently Amended) The mat of Claim 19, wherein the ~~at least one layer~~ of material is formed of a plastic.

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24. (Currently Amended) A method for reducing slippage of a mat comprising:

forming a substantially circular recession with a wall and a base in a material;

forming a suction cup having a contacting edge with the material;

attaching a convex surface of the suction cup to the base of the substantially circular recession so that the contacting edge projects below the surface of the material in an uncompressed state;

coupling a concave surface of the suction cup to a surface; and

enclosing the entire suction cup with the substantially circular recession when the material is compressed.

25. (Currently Amended) The method of Claim 24, further comprising forming the substantially circular recession with a depth that is one of greater than and substantially equal to a thickness of the suction cup in a compressed state.

26. (Currently Amended) The method of Claim 24, further comprising forming the material with a thickness that is substantially greater than a depth of the substantially circular recession.

27. (Previously Presented) The method of Claim 24, further comprising forming the material with rubber.

28. (Previously Presented) The method of Claim 24, further comprising forming the material with plastic.